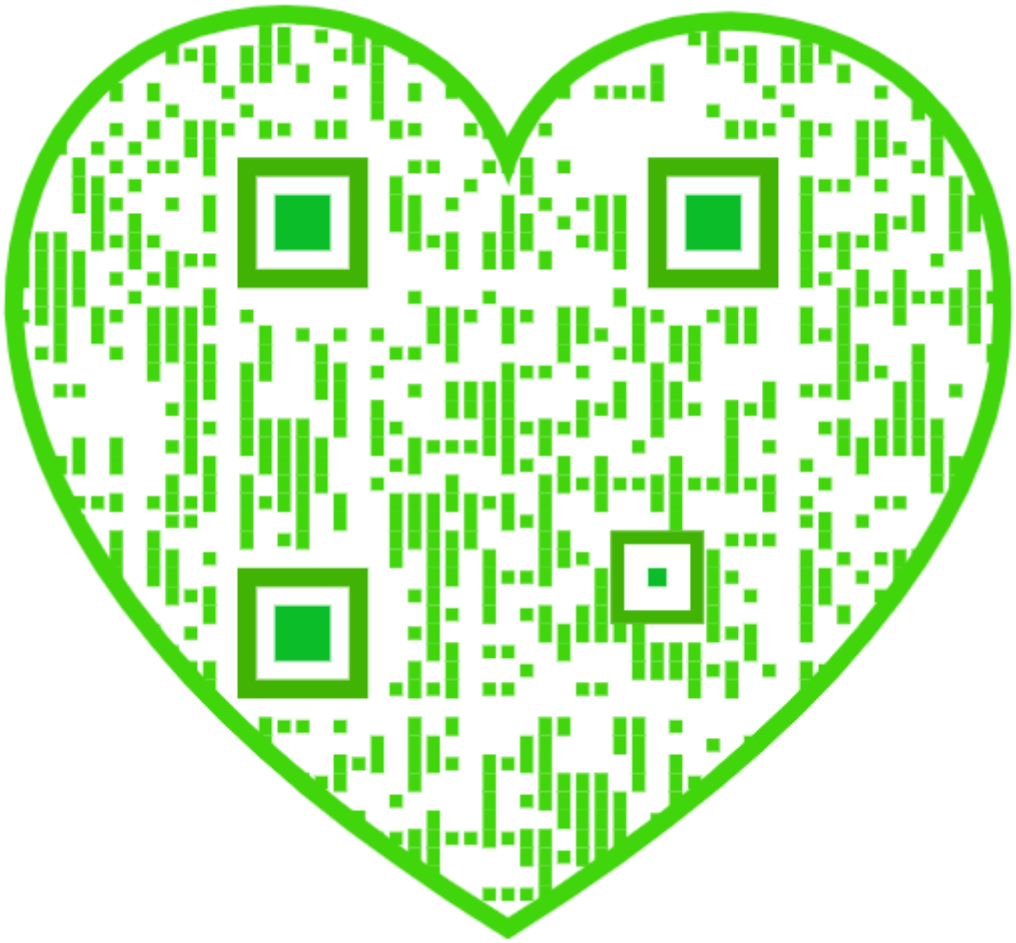

THREE-MEALS-A-DAY SERIES

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CORNMEAL

FOR

BREAKFAST,
DINNER, SUPPER

BESSIE R. MURPHY

THREE-MEALS-A-DAY SERIES

CORN MEAL

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BREAKFAST, DINNER, SUPPER

Compiled and Edited By

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RAND McNALLY AND COMPANY

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No. 1

Dedicated to
SOMEBODY SOMEWHERE
To be used by
EVERYBODY EVERYWHERE

Cookery . . . . means the economy of your great-grandmothers, and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, and French art, and Arabian hospitality; and it means, in fine, that you are to be perfectly and always "ladies" —loaf-givers.

RUSKIN

THE INTRODUCTION

This little series of books is a collection of tested and economical recipes for everyday foods that are obtainable everywhere and suitable for any of the three meals of the day. These recipes are written in plain, everyday terms. They are not all original — the authors of many of them are unknown. They form just a little series of everyday books for everybody from everywhere.

The World War gave every homemaker an opportunity to realize the difference between *use* and *abuse* of foods. For years we have wasted much of the bountiful supply of food produced by our country. Let us then not go backward, but let us go forward, bending every energy to make lasting the benefit in health and economy gained from a diet that not only eliminates extravagance and waste in buying and serving, but also affords greater variety.

The recipes in this series call for flour, sugar, and butter. To conserve these three foods just as long as our country and the peoples of Europe need them is the loyal and patriotic duty of — not the other fellow — but you.

Measurements

All measurements should be accurate to insure success.
A standard measuring cup is equal to ½ pint.
All measures are leveled.
For ½ spoon divide with knife lengthwise.
For ¼ spoon divide with knife crosswise.
For ⅛ spoon divide with knife crosswise.

Substitutes

The same substitutes are not obtainable in every state, and for this reason the following tables are given. You may use the ones to be obtained in your community.

FLOUR

For 1 cup of wheat flour, substitute:

1⅜ cups barley
⅞ cup buckwheat
1 " corn flour
1 " " meal
1 " " starch
1 " peanut flour
¾ " potato flour
⅞ " rice flour
1½ cups rolled oats
⅞ cup soy-bean flour
1⅛ cups sweet-potato flour

SUGAR

For 1 cup of sugar, use:

1¼ cups corn sirup
1¼ " honey
1½ " maple sirup
1⅓ " molasses

BUTTER

In place of one cup of butter, use:

1 cup oleomargarine
¾ cup chicken fat
⅞ cup clarified drippings
⅞ cup solid vegetable fat, such as Crisco
¾ cup cottonseed oil
¾ cup peanut oil
¾ cup corn oil

CORN MEAL

ORIGIN, USE, AND FOOD VALUE

Origin. We are indebted to the Indians for many of the foods we are enjoying to-day, but the greatest gift they bestowed on modern civilization was corn. The desire to produce this food was the incentive which led them to abandon their roaming life and to form settlements. Fish, game, and corn were their staple foods.

We know the important part corn played in the early history of America, and how it saved many of the pioneers from starvation. Corn was unknown in Europe until after America was discovered, but, once it was introduced, its use spread rapidly, and to-day it is raised in every country where climatic conditions will permit. In Africa corn is known as "mealies" and in Europe as "maize."

Food value. From the standpoint of economy and nourishment, few foods compare with corn meal. It is rich in fats and carbohydrates, but is lacking in protein. Corn contains twice as much fat, or oil, as wheat, three times as much as rye, and twice as much as barley. As compared to wheat, corn meal contains a little more fat and starch but less protein.

How to buy corn meal. There are two common varieties of corn meal on the market, white and yellow. As a rule white corn meal is the milder in flavor, but in composition and nutritive value there is no difference. Very finely ground and bolted meal does not make good bread. Rather select a medium-ground meal, either white or yellow.

CORN MEAL FOR BREAKFAST

Elizabeth Ann Corn Meal Mush

3 cups boiling water
1 teaspoon salt
½ cup corn meal
½ cup sweet milk

Moisten corn meal with 1 cup cold water, and stir slowly into the boiling salt water. Cook very slowly 30 minutes. Add ½ cup sweet milk and boil 10 minutes longer. Serve hot with cream, milk, or fruit.

Fried Corn-Meal Mush

Make mush as directed above or use left-over mush. Turn it into wet bread pans and allow it to cool. When it is cold, cut it into slices and brown in hot butter or lard.

Corn-Meal Yeast Bread

1½ cups milk
½ cake compressed yeast
1 tablespoon sugar
1 tablespoon fat
1 cup corn meal
2 cups wheat flour
1½ teaspoons salt

Put 1¼ cups milk, the corn meal, salt, sugar, and fat into a double boiler; cook 20 minutes. Cool mixture. Add flour and yeast and remainder of milk. Knead thoroughly, make into a loaf, and allow it to rise until it nearly fills the pan. Bake in oven about 50 minutes.

Old Virginia Batter Bread

1 pint corn meal
1 quart scalded milk
1 teaspoon salt
3 eggs
2 tablespoons melted butter

Stir the corn meal into the scalded milk. Stir and cook to a mush. Allow it to cool a little and add salt, a

little sugar if desired, and the well-beaten yolks of the eggs. Add the melted butter and lastly fold in the stiffly beaten whites of the eggs. Pour mixture into well-greased baking dish and bake 45 minutes.

Southern Spoon Bread

½ cup sifted corn meal
1 tablespoon butter
½ cup sweet milk
1 cup boiling water
½ teaspoon salt
1 egg
1 teaspoon baking powder

Pour the boiling water over the meal and stir until smooth. Let it cook 5 minutes. Add the butter and salt, stirring as it cooks. Remove from fire. Add the milk, the well-beaten egg, and lastly the baking powder. Pour batter into a well-buttered shallow baking dish and bake 20 minutes in a moderate oven, letting bread brown before removing it. Serve hot in the dish in which it was baked.

Delicate Spoon Bread

¼ cup corn meal
1 teaspoon butter
1 tablespoon sugar
1 teaspoon salt
2 eggs
2 cups milk

Mix the corn meal and milk and bring slowly to the boiling point. Cook about 5 minutes. Add the butter, sugar, salt, and well-beaten yolks of the eggs. Then fold in the stiffly beaten whites of the eggs, and bake in a hot oven 30 minutes. Serve in the baking dish.

Corn-Meal Biscuit

Recipe I

1 cup corn meal
2 cups peanut cream
2 teaspoons salt

Put the meal into a shallow pan and heat it in oven

until it is a delicate brown, stirring frequently. Make the nut cream by mixing peanut butter with cold water and heating to the consistency of thick cream. While the nut cream is hot, stir in the hot corn meal. Beat thoroughly. Drop from a spoon in small cakes on a well-greased pan and bake.

If preferred, these biscuits may be made with butter in place of peanut cream, and 1 cup chopped raisins may be added.

Corn-Meal Biscuit

Recipe II

1 cup corn meal
1 cup white flour
2 tablespoons fat
¾ teaspoon salt
4 teaspoons baking powder
¾ cup hot milk

Pour hot milk over the corn meal, add fat and salt. When mixture is cool, add ¾ cup of the flour sifted with the baking powder. Roll out lightly on board with the remainder of the flour. Cut out with biscuit-cutter. Bake in moderate oven.

Corn-Meal Muffins

½ cup corn meal
½ cup boiling water
2 tablespoons butter
½ cup flour
2 teaspoons baking powder
1 egg
½ cup milk
½ teaspoon salt

Pour boiling water over meal, add the butter, and let mixture stand 30 minutes. Sift together flour, baking powder, and salt, and add the well-beaten egg and milk, mixing thoroughly. Put batter into hot, well-greased muffin tins and bake about 20 minutes.

Rice and Corn-Meal Muffins

1 cup left-over cooked rice
1 cup corn meal
1 cup white flour
1 teaspoon salt
5 teaspoons baking powder
1¼ cups milk
3 teaspoons butter

Mix and sift the dry ingredients together. Add rice to milk and combine the two mixtures. Beat well and pour into well-greased muffin pans and bake.

Corn-Meal Griddlecakes
(Sweet Milk)

1 cup corn meal
2 tablespoons flour
⅔ teaspoon salt
Boiling water
2 teaspoons baking powder
1 egg
1 cup milk

Scald the corn meal with just enough boiling water to cover. Let it stand 5 minutes, then add flour, salt, beaten egg, milk, and lastly the baking powder. Beat well. Cook at once on a hot, well-greased griddle.

Corn-Meal Griddlecakes
(Buttermilk)

⅔ cup corn meal
⅓ cup flour
1 teaspoon salt
2 cups buttermilk
1 egg
½ cup hot water
1 teaspoon soda
1 teaspoon baking powder

Beat the egg and stir in the milk. Put soda in hot water and add to milk-and-egg mixture. Then add the meal sifted with flour, baking powder, and salt. Bake in cakes on hot, well-greased griddle.

Corn-Meal Pancakes

¾ cup corn meal
¾ cup flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons butter
1 cup milk

Sift together the corn meal, flour, baking powder, and salt. Mix the milk and melted butter. Combine the two mixtures and bake on hot, greased griddle.

Corn-Meal Waffles

¾ cup corn meal
1½ cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons butter
1½ cups milk
1 egg

Sift together the corn meal, flour, baking powder, and salt. Add the well-beaten yolks of eggs to the milk and melted butter. Combine the two mixtures and fold in the beaten white of egg. Bake in a very hot, well-greased waffle iron until brown.

Corn-Meal and Rice Waffles
(Sour Milk)

½ cup corn meal
½ cup flour
1 tablespoon melted butter
½ teaspoon soda
1 cup boiled rice
2 eggs
1 teaspoon salt
1 cup sour milk

Sift together the flour, soda, and salt. Add the other ingredients and beat thoroughly. Have irons hot and well greased.

CORN MEAL FOR DINNER

Corn-Meal Tamale Pie

2 cups corn meal
6 cups water
1 tablespoon fat
1 onion
2 cups tomatoes
1 pound hamburger steak
Salt and pepper

Make a mush by stirring the corn meal and 1½ teaspoons salt into the boiling water. Cook 45 minutes. Brown onion in fat, add hamburger, and stir until red color disappears. Add salt, pepper, and tomatoes. A sweet pepper well chopped may also be added. Grease baking dish, put in layer of corn meal mush, add seasoned meat, and cover with mush. Bake 30 minutes. Serve hot.

Corn-Meal Mush with Pork

1 pound lean pork (part lean, part bone)
1 cup corn meal
1 teaspoon salt
½ teaspoon powdered sage
Water

Cook the pork in water until the meat can be removed from the bone. Remove the meat, cool the broth, and remove the fat. Take 1 quart of the broth and cook the corn meal in it. Add finely chopped meat and seasoning. Pack in bread pans. When cold cut in slices and fry.

Corn-Meal Batter Pudding

(For Roast Pork)

¼ cup corn meal
1 cup milk
2 eggs
½ teaspoon salt

Put the milk, corn meal, and salt in the top of a double boiler; cook about 15 minutes. Remove and cool. Add

well-beaten eggs and mix well. Pour batter into well-greased muffin tins and bake in moderate oven, basting several times with drippings of pork. Serve with baked pork.

Corn-Meal Dressing

1 cup corn-bread crumbs
1 cup stale bread crumbs
1 cup chopped celery
1 small onion chopped
3 tablespoons fat
1 cup boiling water
Pepper, salt, and sage

Mix dry ingredients thoroughly, then add water, tossing lightly with fork to prevent sogginess.

Tamales

Meat from ½ boiled chicken
1 cup corn meal
2 red peppers
1 onion or 1 clove garlic
¼ teaspoon pepper
1 teaspoon salt
Corn husks

Chop the chicken, then add the seasoning. Mold into little rolls about 2 inches long and ¾ inch in diameter. Pour boiling water over the meal and stir, using enough to make a thick paste. Soften the corn husks by immersing them in hot water. Remove. Take 1 tablespoon of the corn-meal paste, pat it out flat, and wrap it around a roll of the chicken. Then wrap each roll in a corn husk, tying the husks with a piece of string close to the end of the roll. Trim off the ends of the husks, allowing them to project about two inches beyond the roll. Put tamales into saucepan and cover them with the broth in which the chicken was cooked or with boiling salted water. Add red peppers and boil 20 minutes.

Orange Corn-Meal Fritters

½ cup corn meal
2 cups hot milk
½ teaspoon salt
Yolks of 2 eggs
¼ cup sugar
Grated rind of 1 orange

Sift together the corn meal, salt, and sugar, and gradually add mixture to the hot milk. Cook 1 hour. Add a little of the mush to the yolks of eggs and grated rind of orange. Mix well and stir into the rest of the mush. Beat well and let cook 3 minutes. Turn batter into a well-greased shallow pan. When it is cold cut like doughnuts, dip in flour, and fry in deep fat. Drain on paper, sprinkle with sugar, and serve hot.

Spider Corn Bread

1½ cups corn meal
2 cups sour milk
1 teaspoon soda
1 teaspoon salt
2 eggs
2 tablespoons butter

Mix dry ingredients. Add the well-beaten egg and the milk. Place the butter in a frying pan, melt it, and grease the pan well. Heat the pan and turn in the mixture. Bake in hot oven 20 minutes.

Corn Bread

Recipe I

2 cups corn meal
2 cups sweet milk
4 teaspoons baking powder
2 tablespoons fat
1 egg
1 teaspoon salt
1 teaspoon sugar (may be omitted)

Mix the dry ingredients. Add the milk, well-beaten egg, and melted fat. Beat well. Bake in a shallow pan 30 minutes.

Corn Bread
Recipe II

1 pint sifted meal
1 egg
½ teaspoon soda
1 cup sour milk
2 tablespoons fat
1 teaspoon salt

Mix ingredients, pour batter into hot, well-greased pan, and bake in a hot oven.

New Orleans Corn Bread

1½ pints corn meal
½ pint flour
1 tablespoon sugar
1 teaspoon salt
2 teaspoons baking powder
1 tablespoon butter
1¼ pints milk
2 eggs

Sift together corn meal, flour, sugar, salt, and baking powder. Rub in the butter or lard, add the well-beaten egg and the milk. Mix well, pour batter into a shallow, well-greased pan, and bake in a hot oven 30 minutes.

Dixie Corn Bread

2 cups corn meal
1 cup flour
2½ cups milk
1 tablespoon lard
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon salt
2 eggs

Sift together all the dry ingredients, melt the lard, add the milk, then the yolks of the eggs well beaten. Fold in well-beaten whites. Mix well, turn batter into a well-greased pan, and bake in a hot oven 30 minutes.

Crackling Bread

3 cups corn meal
1 teaspoon salt
½ teaspoon soda
1 cup buttermilk
1 cup cracklings

Sift the flour with the salt and the soda. Stir in the

buttermilk and the cracklings made from rendered pork fat. Shape into a long oval loaf, place on a griddle, and bake until done through and brown. Or shape into pones, put in pan, and bake until done. Break into pieces to serve, do not cut.

Corn-Meal Pones

2 cups corn meal
2 tablespoons lard
1 cup buttermilk
½ cup water
½ teaspoon soda
1 teaspoon salt

Sift the meal, soda, and salt, add the lard, and when mixture is smooth stir in the milk and water. Mix well. Shape into small pones. Bake in moderate oven. When ready to serve, break pones into pieces, do not cut.

Corn-Meal Hoecake

2 cups corn meal
½ teaspoon salt
½ cup boiling water
½ cup cold water

Pour boiling water over the corn meal. Let it cool. Add the cold water and the salt. Cook on a hot, well-greased griddle until one side is brown, turn, and brown other side. While cakes are hot, butter them and serve at once.

Corn-Meal Sticks

2 cups corn meal
1 egg
1 teaspoon salt
½ teaspoon soda
Buttermilk to make a soft batter
2 tablespoons fat

Mix ingredients as with other corn breads, adding 1 teaspoon sugar if desired. Grease the stick pans well and have them very hot, pour mixture in, and bake sticks until they are brown.

Corn Dodgers

1 pint sifted meal
1 tablespoon lard
1 egg
½ pint sour buttermilk
¼ teaspoon soda (put in milk)
Salt

Mix ingredients well. Shape into cones with hands, put on greased pan, and bake.

Kentucky Corn Dodgers

1 pint sifted meal
½ pint cold water
1 tablespoon lard
Salt

Mix ingredients well. Shape into cones and bake as dodgers as in recipe above.

Rice Corn Bread

2 cups corn meal
2½ cups milk
3 eggs
1 cup left-over boiled rice
2 tablespoons butter
½ teaspoon salt
2 teaspoons baking powder

To the well-beaten eggs add the milk, meal, melted butter, rice, salt, and baking powder. Beat well and bake in well-greased shallow pan in hot oven. Serve hot.

Eggless Corn Bread

1 cup corn meal
½ cup flour
2 tablespoons lard
1 tablespoon baking powder
2 teaspoons salt
1 cup milk

Mix the sifted corn meal, flour, salt, and baking powder. Add the melted lard and the milk. Beat well, pour batter into well-greased pan, and bake.

Corn Pudding in Corn-Meal Cups

CORN PUDDING

1 can corn
¼ teaspoon salt
1 teaspoon sugar
1 tablespoon butter

Mix ingredients well and pour batter into the corn-meal cups. Brown in oven.

CORN-MEAL CUPS

¾ cup corn meal
½ cup flour
1 ½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons fat
Water

Sift together the corn meal, flour, baking powder, and salt. Mix in well the fat and enough water to make a stiff paste. Turn out on floured board, cut into rounds, and put over inverted muffin tins. Bake in a hot oven.

CORN-MEAL DESSERTS

Delicate Indian Pudding

1 pint sweet milk
4 tablespoons sugar
Small lump butter
2 tablespoons corn meal
3 eggs
Salt

Boil the milk and into it slowly sift the meal. Add butter, sugar, and salt. Set aside to cool. When mixture is cool, add the well-beaten eggs. Pour batter into baking dish and cook ¾ hour.

Corn-Meal Puffs

4 tablespoons meal
1 pint milk
2 tablespoons sugar
½ teaspoon nutmeg
3 eggs

Into the boiling milk stir the meal, sugar, and nutmeg.

Boil 5 minutes, stirring constantly. Remove from fire. When mixture is cool, stir in the well-beaten eggs. Mix well and pour the batter into buttered teacups. Bake in moderate oven ½ hour. Serve with lemon sauce.

LEMON SAUCE

1 cup sugar
1 cup water
½ teaspoon extract lemon
1 tablespoon lemon juice

Boil the sugar and water 15 minutes. Remove from fire. When sirup is cooled, add the extract and lemon juice.

Corn-Meal and Fig Pudding

½ cup corn meal
½ cup molasses
3 cups milk
½ cup chopped figs
1 egg
½ teaspoon salt

Cook the corn meal with the milk, add the molasses, figs, and salt. When the mixture is cool, add the beaten eggs. Pour batter into a well-buttered baking dish and bake in a moderate oven 1 hour. When pudding is partly cooked, add the remainder of the milk without stirring.

Corn-Meal Fruit Scones

½ cup corn meal
1½ cups flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1 egg and 1 yolk
½ cup milk
½ cup seeded raisins

Sift the dry ingredients together, add raisins, beaten egg, sugar, and sufficient milk to make a soft dough. Roll out to ¾ inch thickness; divide into four parts. Brush over with yolk of egg and bake in a moderate oven 20 minutes. Scones may be split and spread with orange marmalade.

Corn-Meal Raisin Gems

1 cup corn meal
1 tablespoon sugar
1 teaspoon salt
2 tablespoons butter
1½ cups hot milk
4 teaspoons baking powder
1 cup flour
½ cup raisins
1 egg

Mix corn meal with sugar, salt, butter, and milk. Cool, add raisins, flour sifted with baking powder, and the well-beaten egg. Mix well and pour batter into hot, well-greased muffin pans. Bake in moderate oven about 20 minutes.

Corn-Meal Molasses Cookies

¾ cup corn meal
¾ cup flour
½ cup molasses
3 tablespoons shortening
1 egg
½ teaspoon soda
½ teaspoon salt
¾ teaspoon ginger
2 teaspoons cinnamon
Water to make a stiff dough

Boil together water, molasses, and shortening for 1 minute. Add beaten egg. Have dry ingredients sifted together. Pour in liquid, beating hard. Make a stiff dough. Roll very thin and bake in hot oven.

Molasses Corn-Meal Cake

2 cups corn meal
½ cup molasses
½ cup sugar
2 tablespoons butter
1 teaspoon salt
1 cup sour milk
1½ cups sweet milk
1 cup flour
1½ teaspoons soda
1 egg

Mix the first seven ingredients in a double boiler and cook over hot water about 25 minutes. After mixture has cooled, add the flour and soda thoroughly sifted together

and the egg well beaten. Bake in a shallow pan in a moderate oven.

Corn-Meal Crullers

1 cup milk
2 cups corn meal
2 tablespoons butter
½ cup sugar
½ cup flour
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon mace
1 egg

Scald half of the milk in a double boiler, add half of the corn meal, and stir until thick. Add the remaining milk, corn meal, the butter, sugar, flour, baking powder, salt, mace, and well-beaten egg. Mix well and let cool. Roll out dough, cut with a cutter, and fry in hot, deep fat. When they are cooked, roll crullers in sugar if desired.

Corn-Meal Doughnuts

1 cup corn meal
1 cup scalded milk
1 egg
1 cup sugar
1 tablespoon butter
½ teaspoon salt
1 teaspoon cinnamon
4 teaspoons baking powder
3 cups flour

Cover meal with scalded milk, add egg, sugar, butter, salt, cinnamon, baking powder, and sufficient flour to make a soft dough. Roll out dough, cut with a doughnut-cutter, and fry in smoking fat. When doughnuts are done, remove them from the fat and sprinkle with sugar if desired.

Custard Corn-Meal Cake

1 cup sweet milk
1⅔ cups corn meal
⅓ cup flour
2 tablespoons butter
1 cup cream
2 eggs
¼ cup sugar
1 teaspoon soda
1 teaspoon salt
1 cup sour milk

Cream the eggs and sugar together. Sift the flour,

soda, and salt together and mix with the meal. Add and mix all the other ingredients except the butter and the cream. Pour the batter into a baking dish that has been greased with the melted butter, add the cream, but do not stir mixture. Bake in moderate oven about 30 minutes.

Corn-Meal Ginger Bread

1 cup corn meal
1 cup white flour
1 teaspoon soda
¾ teaspoon salt
2 teaspoons ginger
1 teaspoon cinnamon
½ teaspoon cloves
1 cup sour milk
1 cup molasses
2 tablespoons butter
1 egg

Sift together the dry ingredients. Mix together the milk, butter, and beaten egg. Combine the two mixtures. Stir well. Pour batter into a well-greased pan and bake in a moderate oven.

Lemon Custard in Corn-Meal Cases

1 cup corn meal
1 cup flour
2 teaspoons baking powder
½ teaspoon salt
2 tablespoons butter
Yolk of 1 egg
Water

Sift corn meal, flour, salt, and baking powder, cut in butter, add yolk of well-beaten egg and enough water to make a soft dough. Roll out dough thin, cut round pieces, and put them in muffin tins, fill with the lemon custard, and bake.

LEMON CUSTARD

3 tablespoons cornstarch
3 tablespoons sugar
2 lemons
2 eggs

Mix the cornstarch, sugar, and hot water and boil 5

minutes. Add the juice and grated rind of lemon and let mixture cool. Stir in the beaten yolks and whites of the eggs and pour custard into the cases as directed.

Old-Fashioned Corn-Meal Pudding

4 cups scalded milk
⅓ cup corn meal
½ cup molasses
1 tablespoon butter
1 teaspoon salt
1 teaspoon cinnamon
½ cup seeded raisins
1 pint cold milk
2 eggs

Pour the hot milk over the corn meal and cook in a double boiler 20 minutes. Add the molasses, butter, salt, cinnamon, and raisins. Beat the yolks of the eggs and pour in the cold milk. Combine the two mixtures, pour batter into well-greased baking dish, and bake slowly ¾ hour.

Corn-Meal Fruit Gems

½ cup corn meal
1 cup wheat flour
3 teaspoons baking powder
6 tablespoons sugar
2 tablespoons melted fat
1 teaspoon salt
1 cup milk
1 cup raisins
2 eggs

Mix dry ingredients, add milk, the eggs well beaten, fat, and raisins that have been floured. Bake in a hot oven in greased tins about 25 minutes.

Corn-Meal Fruit Bumpers

1 cup corn meal
1 cup wheat flour
½ teaspoon salt
4 tablespoons milk
4 teaspoons baking powder
2 tablespoons butter
1 egg

Mix and sift three times the corn meal, wheat flour, salt, and baking powder. Work in the butter and add

the well-beaten egg and the milk. Turn dough on to a well-floured board and roll to ¼ inch thickness. Sprinkle with cinnamon and chopped raisins, cut off squares, place on well-greased baking tin, and bake in a quick oven.

Corn-Meal Cheese Sticks

2 tablespoons grated cheese
1½ cups corn meal
½ cup wheat flour
1 cup milk
½ teaspoon salt
2 teaspoons baking powder
1 egg
1 tablespoon melted butter

Sift together the corn meal, flour, salt, and baking powder. Beat egg, add milk, butter, and grated cheese. Stir in corn-meal mixture, beat well, pour into stick pans well greased, and bake in a quick oven.

CORN MEAL FOR SUPPER

Corn-Meal Boston Bread

1½ cups corn meal
1½ cups whole wheat flour
1 teaspoon salt
1½ teaspoons soda
¾ cup molasses
1¾ cups buttermilk
1 tablespoon cooking oil
1½ cups raisins and nuts, mixed

Mix together all the dry ingredients, then add molasses, buttermilk, cooking oil, and lastly the mixed chopped raisins and nuts. Grease yeast-powder cans, fill them three-quarters full, and steam about 3 hours. Remove the covers and bake the bread long enough to dry out the top.

Steamed Corn Bread

1 egg
1 cup buttermilk
1 teaspoon soda
1½ cups corn meal
½ cup flour
1 teaspoon salt

Mix the well-beaten egg, the buttermilk, and the molasses. Into this sift the corn meal, flour, soda, and salt. Pour batter into a well-greased mold and steam 2 hours. Do not slice until bread is cold.

Corn-Meal Mush in Fireless Cooker

1 cup corn meal
1 teaspoon salt
3 cups water

Stir the meal slowly into the boiling salted water, being careful that lumps do not form. Allow mixture to boil slowly 10 minutes, place it in cooker, and allow it to remain over night. Use one radiator.

Corn-Meal Sweet-Potato Bread

2½ quarts fine corn meal
1½ quarts white flour
2 teaspoons salt
1 pint mashed sweet potatoes
1 cake yeast

Mix 1 pint each of the corn meal and flour. Add warm water to make a stiff batter, also the yeast cake, mixed with a small quantity of water. Keep sponge in a warm place until light. Scald remainder of meal with boiling water, cool, and add it, together with potatoes, salt, and remainder of flour, to the sponge. Knead well, and set in warm place to rise. When it is light, put it into bread pans and let it rise until double in bulk. Bake in a moderate oven.

Corn-Meal Soufflé

1 cup corn-meal mush
1 cup sweet milk
2 eggs
1 teaspoon baking powder
½ teaspoon salt
½ cup grated cheese

Make mush as directed on page 2. Add the milk, baking powder, salt, well-beaten yolks of eggs, and cheese, mixing well. Fold in the well-beaten whites of eggs. Pour mixture into a well-buttered baking dish and bake in a moderate oven about 25 minutes.

Corn-Meal Bannock

2 cups milk
⅔ cup corn meal
3 eggs
½ teaspoon salt

Cook in a double boiler the milk, corn meal, and salt, until it reaches the consistency of thick cream. Remove from fire and stir in the well-beaten yolks of the eggs.

Fold in the stiffly beaten whites of the eggs. Pour batter into a well-greased baking dish, and bake 30 minutes.

Polenta with Tomato Sauce

½ cup corn meal
½ teaspoon salt
2 cups boiling water
¼ cup grated cheese
1 cup tomato sauce

Stir the corn meal gradually into the boiling salt water. Cook a few minutes, then put it into a double boiler and cook 1 hour. Drop by spoonfuls on to a hot platter, and sprinkle with the grated cheese. Serve with the tomato sauce.

Tomato Sauce

Cook slowly for 10 minutes ½ can tomatoes, 1 chopped onion, ½ teaspoon salt, 1 clove. Remove and press through a sieve. Cook together 1 tablespoon each of flour and butter 1 minute, add tomato mixture, stir until smooth, and cook slowly 5 minutes.

Fried Corn-Meal Nut Cakes

2 cups corn meal
2 tablespoons fat
3 cups boiling water
1 teaspoon salt
1 egg
½ cup chopped nuts

Bring water and salt to boiling point, add corn meal and nuts. Cook 10 minutes. Remove from fire and add well-beaten egg, and fat. Turn into mold and cool. When mixture is cold, slice and fry in deep fat. Serve with honey or maple sirup.

Chicken and Corn-Meal Croquettes

1 cup chopped chicken
1 cup corn-meal mush
1 egg
Salt and pepper
Few drops onion juice

Mix the chicken and corn-meal mush. Add the well-beaten egg and the seasoning. Drop by spoonfuls into hot fat.

Corn-Meal and Meat Croquettes

1 cup corn-meal mush
1 cup chopped meat
Few drops onion juice
Salt and pepper

Combine the ingredients and drop by spoonfuls into hot fat.

Corn-Meal Fish Balls

2 cups corn-meal mush
1 egg
1 cup shredded codfish
1 tablespoon butter

Pick over the codfish and soak it to remove salt. Combine with the mush, egg, and butter. Drop by spoonfuls into hot fat.

Corn-Meal Mush and Cheese

Make a mush with 1 cup corn meal. When it is done, add ½ cup grated cheese and leave pan over fire only until cheese melts. Serve at once.

The cheese in this mush takes the place of cream, besides making it a more nourishing dish.

Corn-Meal Rolls

1 cup corn meal
1½ cups flour
4 teaspoons baking powder
½ cup mashed potatoes
2 tablespoons sugar
1 tablespoon fat
½ cup milk
1 teaspoon salt

Sift the dry ingredients. Add mashed potatoes, sugar, milk, and melted fat, mixing well to make a soft dough. Roll dough out on floured board to ½ inch thickness. Cut in circles, spread them with melted fat, and bake in hot oven from 25 to 30 minutes.

HOW TO USE LEFT-OVER CORN-MEAL MUSH

1. To reheat corn-meal mush place it in a double boiler, add a little hot milk, and cook 3 minutes.

2. Reheat left-over mush, stir in a few scalded figs or dates, pour mixture into a mold, and serve cold with sugar and cream as a dessert.

3. Put left-over mush into a deep pan to mold. When it is cold, cut it in slices, flour, and fry in hot fat.

4. Mix the left-over mush with a well-beaten egg, put it into well-greased shallow baking dish, and brown in hot oven. Let it remain in oven long enough to cook the egg.

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